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Professor O’Connor-Petruso

Wiki Assignment #4

Seminar in Applied Theory and Research 1

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**References**

Davis, B., & Carpenter, C. (2009). Proximity of fast-food restaurants to schools and adolescent obesity. *Journal Information*, *99*(3).

This is a review of the close distances between fast food restaurants and schools. This article states that fast food restaurants are purposely locating themselves near schools to help increase business. Students are coming out of school hungry because they didn’t eat school lunch and are heading straight to get something to eat. This article suggests that having these fast food restaurants near schools aren’t making it hard for these adolescents to make the wrong choice about what to eat after school therefore contributing to obesity.

Story, M., Kaphingst, K. M., & French, S. (2006). The role of schools in obesity prevention. *The Future of Children*, *16*(1), 109-142.

This article argues that U.S. schools offer many opportunities for developing obesity-prevention strategies by providing more nutritious food, offering greater opportunities for physical activity, and providing obesity-related health services. It states that due to the budget, schools are forced to serve things that are cheap for the schools funds and popular within the student’s likings but not necessarily the healthiest option they can be serving. Public discomfort with the school food environment is growing. This article states that schools can provide more healthful food options without losing money. As states use standardized tests to hold schools and students academically accountable, physical education and recess have become a lower priority.

Summerbell, C. D., Waters, E., Edmunds, L. D., Kelly, S., Brown, T., & Campbell, K. J. (2005). Interventions for preventing obesity in children. *Cochrane Database Syst Rev*, *3*(3).

This is a review of a journal assessing the effectiveness of interventions aimed to prevent obesity in childhood through diet, physical activity and/or lifestyle and social support. The objective was to summarize evidence on the value of interventions aimed at changing lifestyle behaviors (increased physical activity) to prevent obesity. Their finding was that pediatric obesity prevention programs caused small changes in target behaviors and no significant effect on BMI compared with control. This article will be helpful to my research because it goes against my belief that an intervention plan will help with obesity.

Taras, H. (2005). Physical activity and student performance at school. *Journal of school health*, *75*(6), 214-218.

This is a review of the current research on the association between obesity and academic achievement in school aged children. The findings suggest that the reasons for children being absent may be the cause for the link between academic achievement and obesity. It also emphasized problems with obesity such as low self-esteem, depression, anxiety. These health problems were also suggested as causes of low academic achievement. It suggests that because children are obese they are more likely to be sick with asthma, diabetes, etc. causing them to miss more school.